



CHOREOGRAPHY



SELF EXPRESSION



SPATIAL AWARENESS



TEAMWORK



This Month's Movement Concept

September's movement concept is **SIZE!**
We can dance **BIG** or **SMALL!**



Why do we explore SIZE?

When we explore the concept of **SIZE**, we begin to understand our full body extension. We work on spine flexibility and core strength from curling into and moving in a small shape (that's our near reach) and stretching out and moving in a big shape (that's our far reach).

These discoveries lead to proper alignment in our dance training. We also continue to develop the vocabulary we started to build while exploring **PLACE** last month. We discover how big and small those movements can be.

Purposeful Practice

[Click here to see videos of what we are working on in class!](#) 

This year, we are sharing recordings of our choreography so you can work on our moves at home! This gives you a little peek into what we do in class. We hope this inspires you to practice with your little one!

Our teachers' focus will always be to create a fun, safe, and creative learning environment for our dancers to grow, learn and explore. The videos aren't meant to be high quality footage of class.



All children in the videos have photo releases

October Playlist

[Our favorite songs from this month!](#) 

I bet your little ones will recognize some of these songs!



Movement Songs!

[Our favorite moves from this month!](#) 

[Click the link above for some of our favorite movement songs from this month!](#)



Check out this article

[5 Things That Will Happen To Your Brain When You Dance](#)

"To improve your mental acuity, it is best to involve yourself in an activity that demands split-second, rapid decision making. Dancing is an example of a fast-paced activity that demands speedy decision making. It requires instant responses to questions like Which way to turn? What speed to move your body?"

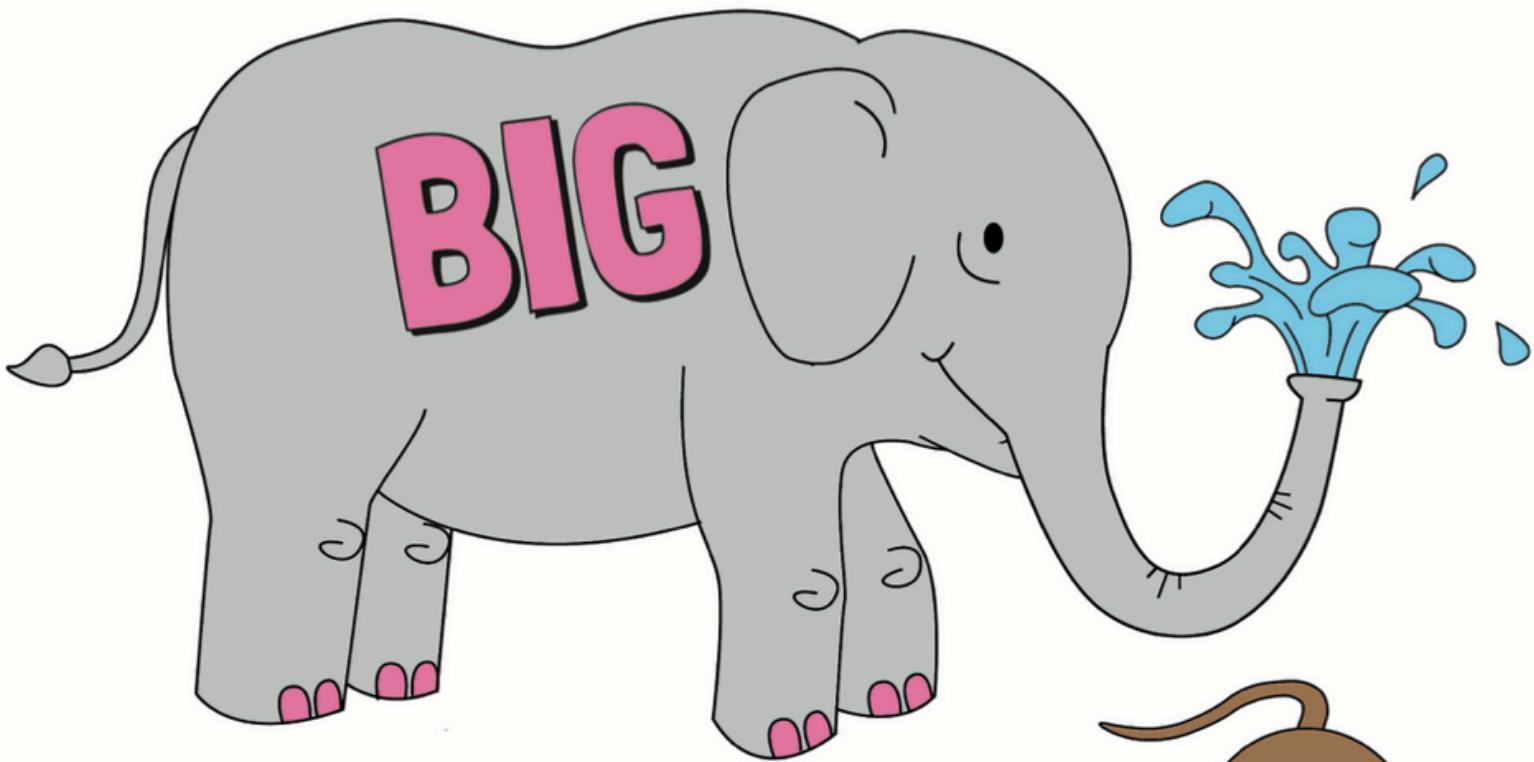


OCTOBER MOVEMENT CONCEPT

We're learning about...

When dancing, we can move **BIG** like an elephant or we can move **SMALL** like a mouse.

SIZE



Reflection:

Ask me to make a shape as big as an elephant.
Ask me to make a shape as small as a mouse.

Explore at Home:

When you're watching your favorite movie together, curl up into a small shape or spread out into a big shape.



SEPTEMBER MOVEMENT CONCEPT

September's movement concept is **PLACE!** We can dance **IN PLACE** or **AROUND OUR SPACE.**

Why Place?

Place is the very first concept we teach at the beginning of the dance season. When we explore the concept of PLACE, we discover our kinesphere, our bubble of personal space. We explore all the ways our bodies can move in our kinesphere **ON OUR SPOT** (non-locomotor movements) as well as how we can move our kinesphere **ALL AROUND** from one place to another (locomotor movements).

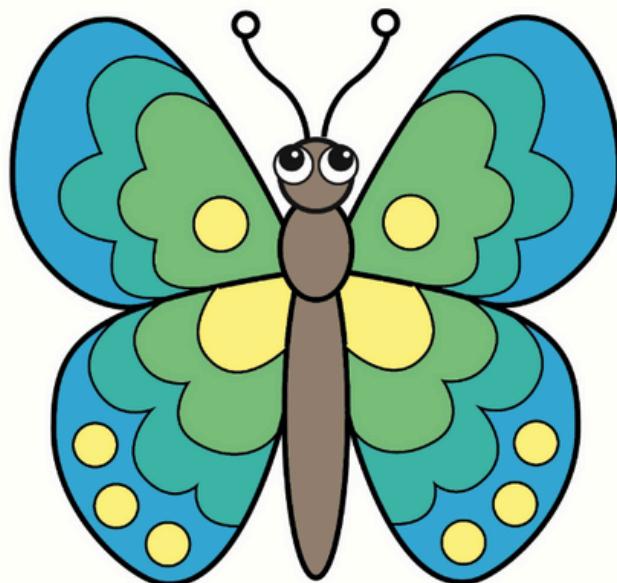
Exploring PLACE also allows the opportunity to develop our spatial awareness, which is one of our foundational skills.

We're learning about...

GENERAL Space

Locomotor Movements

Walk	Run	Leap
Gallop	Slide	Jump



Explore at Home:

While in the car, think of some movements you can do while sitting.

Can you stretch your arms? Shake your legs? Bounce your shoulders? Wiggle your fingers?

Instead of walking from place to place, try exploring new and creative ways to get from one spot to the next.

PLACE

When we dance, we can dance on our spot (**SELF Space**) or all around the room (**GENERAL Space**).

Reflection:

Ask me to show you the non-locomotor movements below. Now ask me if I can do those movements all around the room.

"Can you do it? Let me see!"

SELF Space

NON-Locomotor Movements

Sway	Bend	Reach
Stretch	Shake	Grow

